



Staff/Faculty Emergency Kit Suggestions while you are at work

- 1) Comfortable clothes
 - a. Lightweight thermal wear
 - b. Socks and undergarments
- 2) Hiking or Running Shoes
 - Do you want to be in dress shoes when walking home or to safety?
- 3) Water Bottle/Filter
 - a. Personal filtration system like Lifestraw or Mini Sawyer filter
 - b. A supply of water
- 4) Emergency Food
 - a. MREs, energy bars, trail mix
 - b. Pouches preferred over cans
- 5) Hygiene and Medical Supplies
 - a. First Aid Kit
 - b. Wipes and hand sanitizer
 - c. 72-hour supply of personal medication
- 6) Illumination – consider:
 - a. Flashlight
 - b. Headlamp
 - c. Solar charging lights
- 7) Multi-Tool
- 8) Emergency blankets
- 9) Whistle – a must have item!
3-Blasts – Distress call
 - Three loud, short blasts on your whistle, each lasting approximately three seconds. Take a breath or two between each blast to give the sound time to travel and catch your breath, then repeat.
 - Give yourself a few seconds after you've completed the three-blast pattern, and then repeat as long as you can to give yourself the best chance of being heard.
1 – blast – Response
 - One loud long blast (approx. three seconds) means your distress call was heard.
 - Continue your distress call so that rescuers can come to you
- 10) A backpack or bag to store/carry these items

[Sign up for OSU EMERGENCY NOTIFICATIONS!](#)

Let OSU to notify you of emergency situations. The [OSU Alert portal](#) allows you to provide your current emergency contact information (phone, text, email). This information will only be used to notify you in the event of an emergency.

DON'T FORGET!

Earthquake

DROP – COVER – HOLD ON

Active Threat

RUN – HIDE - FIGHT

[OSU Department of Public Safety Emergency Number](#)

541-737-7000